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CALGARY metro®

Monday, January 7, 2013

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FLAME STILL BURNS FOR NHL

From left, Calgarians John Carter, Martin Nestibo, Cody Rodriguez and Kyle Reed celebrate the return of NHL hockey to their city. While all four had mixed feelings about the league in the wake of the 113-day lockout that ended Sunday, each still plans on attending Flames home games during the now-shortened season. More coverage, pages 3 and 18. ROBSON FLETCHER/METRO

Violence over the weekend

Two separate assaults leave one man dead and another clinging to life PAGE 4

What's in a name?

The Palestinian president has ordered his government to officially change the name of the Palestinian Authority to 'State of Palestine' PAGE 8

A breakfast that'll have you waking up extra early

This four-step recipe creates a mouth-watering strata layered with mushrooms, spinach and sausage PAGE 16

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Question of loyalty

Apology kind of accepted: Fans say they're still angry at league

Calgary Flames president and CEO Ken King apologized Sunday for the 113-day NHL lockout and said fans have a right to be angry.

"If I were them, I'd be angry too," King said. "They have a right to express their views and their frustrations and, believe me, I've heard most of them."

Reaction to the apology was mixed.

"I accept it, but I do think it is a bit opportunistic at this point," said Calgarian Kirsten Lander, a lifelong NHL fan.

"It will be easy for them to apologize to the fans now that a deal has been reached, but it would have been nice if the fans had been acknowledged for their loyalty during the past few months of talks."

Lander said she won't attend games or directly support the NHL this season but will continue to watch games at local pubs that have been hurt by the lack of pro hockey.

Flames fan John Carter echoed that sentiment, saying he'll still attend games but that his view of the league — and how it treats smaller surrounding industries — has changed.

"I'll still be a Flames fan and a hockey fan but I don't respect the NHL as a business," he said.

King said he doesn't expect Flames fans to simply forgive and forget, but hopes in time they will return with "the same passion as ever."

"The truth is we will have to earn their support through providing a great product," he said.

ROBSON FLETCHER/METRO

'Great NHL booty call' may put strain on some relationships

With hockey's return on the horizon, a Calgary counsellor was quick to offer advice Sunday on how to enjoy the action while keeping your relationship off thin ice.

Brenda Duncan, who has been helping couples for more than 30 years, said many of her clients actually reported strengthened bonds in recent months, citing the lack of National Hockey League action as an excuse to spend more time together.

"When people are very involved in something that's more of an individual activity, the energy they have left for family or a partnership is kind of flat energy, tired energy," she added.

Just hours after the announcement of a tentative agreement between NHL owners and player representatives Sunday, some spouses were already dreading the routine three-hour trips by their loved ones to area watering holes.

"Sad I am going to lose my husband to the great NHL booty call of 2013," wrote @EveHell. "You nasty hockey bastards steal all of our men."

Duncan said it is possible to find time to be both a Flames fanatic and committed partner, adding the key is compromise.

JEREMY NOLAIS/METRO

Reactions on Twitter to end of lockout

@Megan_mue
"Yay hockey back! Bye boyfriend!"

@TSG36
So are they lighting the Calgary Tower tonight to celebrate the end of the #NHLLockout? LOL #yyc @NHLFlames #NHL #GameOn

@bradkane
Here's an #idea for #boycottNHL people. Don't go to the first game, instead: watch it at a #local pub #smallbiz #yyc #NHLLockout

@brennancrreative
Despite all the negativity and whining about the #NHLLockout, hockey being back is great for local businesses. Don't boycott them. #yyc

Cheers to that! Hockey expected to boost sales

Light my fire. Melrose and Joyce on 4th just one of the places that benefit from Flames games

LISA WILTON
calgary@metronews.ca

Hockey-centric businesses in Calgary are breathing a sigh of relief now that the Flames will soon be back in action.

"We're excited," says Wayne Leong, owner of popular 17th Avenue watering hole Melrose Café & Bar.

"We're going to get behind (the Flames) and get those guys back on track. Hopefully, they'll make the playoffs and get Red Mile started up again."

Brittany Mennie, a manager at the Joyce on 4th pub in Mission, says she's happy to see the Flames back on the ice, as the NHL lockout affected business during the weekdays.

"After New Year's, it can be slow, and hockey games helped with that," she explains.

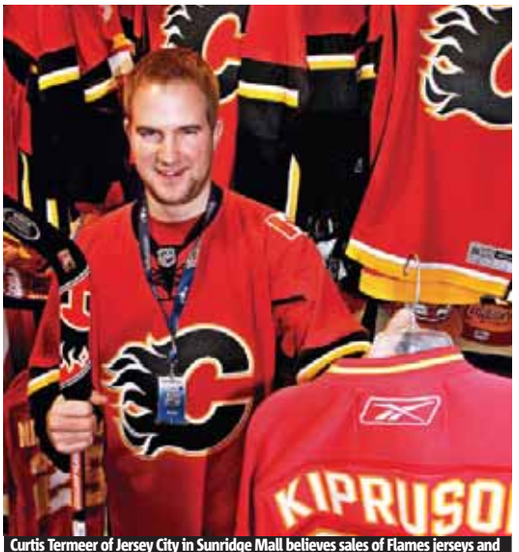
"So we've really noticed the lack of it."

Mennie says despite the grumblings of disenchanted NHL fans, she believes most hockey nuts will return to watch the games.

"I went to a few games last year and it's good times," she says.

Jersey City Sunridge sales associate, Curtis Termeer, admits Flames apparel hasn't exactly been flying off the shelves during the past few months, but says he expects sales to pick up.

"People are definitely excited about having the NHL back," he says.



Curtis Termeer of Jersey City in Sunridge Mall believes sales of Flames jerseys and other NHL paraphernalia will pick up once the season kicks off. LISA WILTON/METRO

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Lethbridge

Senior dead after crashing into a parked vehicle

A Lethbridge senior died late Saturday after the vehicle he was operating crossed a centre line and slammed into a parked vehicle, according to police in that city.

The incident took place in the 2200 block of 10th Avenue S. just before 6 p.m. Witnesses reported the driver, a 76-year-old man, appeared to be in medical distress as his vehicle veered off course. He was rushed to hospital but was later pronounced dead. Police continue to investigate. METRO

Cause unknown

Power failure leaves hundreds rather bored

Calgary utility provider Enmax scrambled to dispatch crews Sunday after a problem left hundreds without power.

Much of the issue appeared to be resolved by late afternoon; however, a post to the organization's Twitter account asked 500 residents in Skyview Ranch for patience, adding it could take a few more hours to restore service to the area.

It was not immediately clear what caused the outage, which also impacted the communities of Stonegate, Redstone, Panorama Hills, Harvest Hills and some rural areas on Calgary's northeast outskirts. METRO

Missing person

Family and friends pray for safe return of Calgary mother

Dozens gathered at a vigil over the weekend, praying that a missing Calgary mother will turn up.

Sandra Mykytiunk-Evans, 56, was last seen by a family member at her home in Strathcona Park on Dec. 29. The following day, she went missing and has not been heard from since.

Family and friends gathered at St. Michael's Church Saturday as police continued to ask for information on various social-media accounts. METRO

Pair of weekend assaults leave 1 dead, 1 barely alive

A Calgary police officer keeps watch out front of a home in Royal Oak where a man was found in critical condition Sunday morning. JEREMY NOLAIS/METRO

Attacks. Victim in his 30s dies in stabbing, man in his 60s may yet succumb to his injuries

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Calgary's first weekend of 2013 proved particularly violent as two separate assaults left one man dead and another clinging to life.

City police released little information about either incident but did take one suspect into custody after a man was found critically injured at a home in the 0-100 block of Royal Oak Drive N.W. early Sunday.

Resident reaction

"I don't think (the police) know the whole story yet."

Carla, a Royal Oak resident living near the home of a serious assault that occurred Sunday

The victim was taken to hospital in critical condition and homicide investigators were called to the scene, said police Insp. Keith Cain.

"As a precaution, because there is a chance this person may not make it, homicide was called," Cain added.

Neighbours said Sunday they were shocked to wake to flashing lights and sirens just before 2 a.m.

Carla, who lives near the home in question but requested her last name be withheld, said investigators asked her not only about the victim but also those he shared the home with.

She said the victim, who police estimated was in his 60s, ran his own business and attended an area church.

"He changed roommates very often," she added.

A day earlier, police discovered a critically wounded man after responding to reports of a stabbing inside a home in the 100 block of Taradale Close N.E.

The victim, believed to be in his 30s, died, and police questioned two women inside the home. The pair are believed to be witnesses, Cain said.

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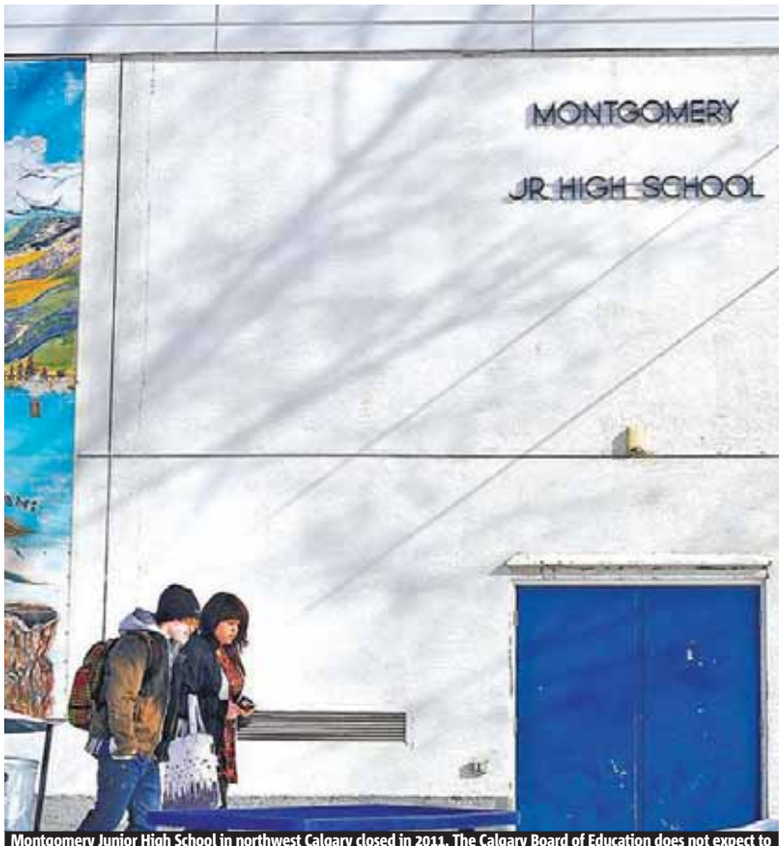

Montgomery Junior High School in northwest Calgary closed in 2011. The Calgary Board of Education does not expect to close any schools within the next 10 years, but the City of Calgary is still reviewing its standard response to proposed closures. METRO FILE

City considers new response to school closures

Student body growing. Anticipated funding for full-day kindergarten, extended high-school eligibility makes closures unlikely, trustee says

ROBSON FLETCHER
robson.fletcher@metronews.ca

No school closures are on the horizon, but some Calgary residents who have been through the process in the past hope city council will take a stronger role in the future.

Aldermen are set to review the city's standard response to school and school-program closures Wednesday, and Marilyn Kinnear believes council should become more involved if and when new closures are proposed.

"It does affect their planning into the future ... and what they're going to do with established communities," said Kinnear, who serves as president of the Montgomery Community Association, which helped successfully fight the proposed closure of Terrace Road Elementary last year.

The Calgary Board of Education has stated it has no plans to close any schools within the next 10 years, and trustee Joy Bowen-Eyre reiterated as much on Sunday.

Larry Leach of the Association for Responsive Trusteeship in Calgary Schools, however, said both aldermen and trustees should get move involved earlier on, whenever a closure is proposed. "I think at the end it'll make for a better decision ... because they're listening to their constituents and their constituents are the ones who elect them," Leach said.

Ald. Richard Pootmans said school closures fall outside the jurisdiction of city council but it never hurts to communicate more. "The more information and the more co-operation ... with both the public and Catholic school boards, the better results we'll be able to achieve for the communities," he said.

Mandates

School boards are mandated to directly notify the city when a school or program closure is being considered.

- Currently, the city's protocol is to have administration reply with a letter informing the board how a closure would affect a given community.
- City administration now recommends including more information in the letter template but does not recommend city council get directly involved in each proposed closure.

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To Russia, with love and money

French actor Gerard Depardieu, left, greets Russian President Vladimir Putin after his arrival Saturday at the president's residence in Sochi, the host city of the 2014 Winter Olympics. Depardieu has received a Russian passport after flying to Russia for a late-night dinner with Putin. Depardieu sought Russian citizenship as part of his battle against a proposed super-tax on millionaires in France, and Putin granted his request last week.

MIKHAIL KLIMENTYEV/THE ASSOCIATED PRESS

Sexual violence. Former B.C. politician weighs in on castration debate

EMILY JACKSON
Metro in Vancouver

Former B.C. premier and MP Ujjal Dosanjh added his voice to the outrage over the brutal gang rape and murder in India, tweeting that men who can't control their penises should have them removed.

Dosanjh sent a series of tweets calling for castration Friday to make a point about how "ludicrous" it is to blame rape on women's clothing choices.

"Re Delhi gang rape some say women shud (sic) dress 'appropriately'. I say if men can not control penises, have them removed," Dosanjh said on Twitter.

Ujjal Dosanjh THE CANADIAN PRESS FILE

Dosanjh deliberately used the extreme language to highlight the absurdity of blaming a woman if she is raped, but he doesn't actually support forcible castration or the death penalty, he said.

"It was revolting to hear people in different parts of the world and different parts of India talking about how women can avoid rape if they dress differently or don't go out late at night," he said. "Rape is perpetrated by men — it's not something that a woman ever invites upon herself."

Gang rape in India

- Dosanjh's comments came days after a 23-year-old medical student, raped by six men in Delhi on her way home from the movies, died from extensive organ and brain injuries.
- Thousands have taken to India's streets in protest since the rape, which led to murder charges against five men.

Request for troops?

African Union chair to meet with Harper

The head of the African Union is set to visit Ottawa this week.

Thomas Boni Yayi's meeting with Prime Minister Stephen Harper could bring a request for Canadian troops to be involved in an international mission in Mali.

The United Nations Security Council backed a proposal in December to send an African-led force of 3,300 soldiers into the country. THE CANADIAN PRESS

Alleged assault

Police look for suspects after cabbie robbed

Police in St. Thomas, Ont., are looking for two suspects after a female taxi driver was allegedly assaulted, robbed and left tied to playground equipment early Sunday.

She was taken to hospital for minor facial wounds and has since been released. THE CANADIAN PRESS

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Official name now 'State of Palestine': Abbas

Name change. Palestinian President Mahmoud Abbas orders amendment after United Nations upgrade

Palestinian President Mahmoud Abbas
ABED AL HASHLAMOUN/POOL/GETTY IMAGES FILE

The Palestinian president has ordered his government to officially change the name of the Palestinian Authority to "State of Palestine."

The move follows the November decision by the United Nations to upgrade the Palestinians' status to that of a "non-member observer state."

President Mahmoud Abbas said Sunday that all official Palestinian stamps, stationery and documents will now bear the new name.

A statement from his office said the move was aimed at enhancing Palestinian "sovereignty on the ground" and was a step on the way to "real independence." Israel still controls most of the West Bank.

Israel objected to the Palestinian statehood bid at the UN, calling it a unilateral step aimed at bypassing direct peace negotiations. Abbas denied that.

Israel had no comment Sunday. THE ASSOCIATED PRESS

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Plastic $20 bill sticks in vending industry's craw

The new Canadian $20 bill is part of a series of plastic notes intended to last longer and be more challenging to counterfeit. By one estimate, less than half the vending machines in the country are currently programmed to accept the new $20 bill. BANK OF CANADA/THE CANADIAN PRESS

Dispensing dispute.
Machine owners say Bank of Canada didn't give them enough lead time to convert scanners

Thousands of vending machines still can't digest those plastic $20 bank notes the government released two months ago, with machine owners blaming the Bank of Canada for their problems.

As many as half a million machines that scan bank notes needed reprogramming to accept the radically redesigned $20 bills, the most popular denomination in Canada. Some 145 million polymer $20 notes have been put into circulation since Nov. 7.

Kim Lockie has been converting his 1,200 machines in Fort McMurray, Alta., full-time for two months, but still has about 300 to go. "I would think less than half the machines in Canada would accept this bill right now," says Lockie, an official with the Canadian Automatic Merchandising Association. "As a small business, I am losing money."

Lockie says the Bank of Canada failed to heed three years of warnings from owners that they needed a long lead time to recalibrate their vending machines. The Bank of Canada rejects the criticisms, saying its officials have worked closely with the sector. THE CANADIAN PRESS

Quoted

"The Bank of Canada didn't really even talk to us in the last three years. It seems like they have no desire to work with us.... Tough luck for our industry."

Kim Lockie, an official with the Canadian Automatic Merchandising Association

Detroit. Chevy Sonic symbolizes industry's surprise comeback

When the word reached the Orion Assembly Plant, it spread along the serpentine assembly line like news of a death or natural disaster: General Motors, the biggest automaker in the world, had filed for bankruptcy protection.

On that grim day in 2009, Chevrolet and Pontiac sedans kept rolling down the line. And 1,700 worried workers stayed at their stations even as GM announced it would close the Michigan plant in a desperate bid to survive.

But the workers didn't know they were witnessing the opening act of one of the greatest recovery stories in American business.

Nearly four years later, Chevrolets are still moving down the assembly line under the 82-acre roof. The plant now builds the Sonic, the bestselling subcompact car in the nation. It's a vehicle no one thought could be made profitably in the U.S., by a company that few people thought would last.

But GM has not only survived, it has earned $16 billion US in profits in the past three years. And the industry is on track to make this year its best year since 2007.

THE ASSOCIATED PRESS

By the numbers

790,000

U.S. automakers have made a remarkable recovery. Nearly 790,000 people now have jobs building cars, trucks and parts, up 27 per cent from the dark days of 2009.

Alaska

Shell will attempt to tow grounded oil-drilling ship

Royal Dutch Shell PLC will try to move its grounded drill ship out of the worst of the North Pacific's fury with a towing attempt when conditions allow.

Shell incident commander Sean Churchfield said at a news conference Saturday that naval architects have pronounced the Kulluk fit to be towed. The attempt will depend on weather, tides and readiness, he said.

"I can't offer you firm times. Right now, the preparation for the tow depends on the weather and operational constraints," Churchfield said. "We will be looking to move the vessel as soon as we are ready and able."

If the drill ship can be pulled from the rocks off Sitkalidak Island, it will be towed 48 kilometres to shelter. The Kulluk is a circular barge with a reinforced steel hull that allows it to operate in ice. One of two Shell ships that drilled last year in the Arctic Ocean, it has a 48-metre derrick and no propulsion system of its own. THE ASSOCIATED PRESS

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GAZING INTO A CERTAIN FUTURE

HIGH PLAINS DRIFTER
James Callsen
calgary@metronews.ca

The new year has arrived with the usual pomp and circumstance, and while I will tell you that a night out on New Year's Eve is likely the most overrated night of your life, I do believe in a toast to the year to come, a look back at the year that was and some thoughts about the future.

Some of my favourite pieces of New Year's journalism are the predictions for the coming year. And, since I've never had the space, audience or wherewithal to actually make some New Year's predictions, I'm going to finally put on my future-seeing cap, shine up my crystal ball, consult the stars and come up with a few predictions, which, as is customary, will be vague enough to be entirely true by this time next year.

Locally, Mayor Naheed Nenshi will win the 2013 civic election handily and will go on to become the most popular mayor this city has had since Ralph Klein. I don't say this necessarily because of the work Nenshi has put in over the past three years, but mainly because he makes Calgary look really cool to other Canadians and we Calgarians love to gloat.

Ain't it the truth

I'm going to put on my future-seeing cap ... and come up with a few predictions, which, as is customary, will be vague enough to be entirely true by this time next year.

On the provincial level, I predict that the Redford government will become embroiled in yet another scandal involving nepotism, frivolous spending, rule bending and cronyism. Premier Redford will also claim no wrongdoing was done, then ensure the offenders are punished, then claim there was no bowing to public pressure.

When we look to federal politics, Prime Minister Harper will continue to dumbfound Canadians with his inherent dullness and coldness, while continuing to maintain the economy. Critics will still fail to understand that his economic stewardship is what continues to keep Harper ahead in opinion polls. Also ahead for the PM this year? An Asian travel junket, Tim Hortons and a few remarks about hockey.

Speaking of hockey, now that we know there will be games in 2013, I predict that, despite the tough talk from fans, most hockey-crazed types will go running back to the league faster than your friend runs back to the dirtbag boyfriend she keeps forgiving. I'll hazard a guess that they'll also say, "But they said they would be different this time!"

And lastly, I predict that the sun will rise tomorrow, water will continue to be wet and the sky will still be blue. Make the most of 2013 and what it presents — and if you get the chance don't hesitate to change what others have predicted of you.

Lupine loner

My, what a big following you have, Mr. Wolf

He doesn't like busy Interstate 5 or eating cattle, at least so far. He gets along with his distant cousins the coyotes, likes to swim and roams a lot — an awful lot — around the northernmost reaches of California.

A week or so ago, California's lone grey wolf passed his one-year anniversary as a transplant resident with the same technical accoutrements some people possess: A Twitter account and an online site about his travels.

"What strikes me about him is that when I talk to the general public they show remarkable knowledge about his movements, much more than some world events," said Richard Callas, a senior environmental scientist with the California Department of Fish and Wildlife.

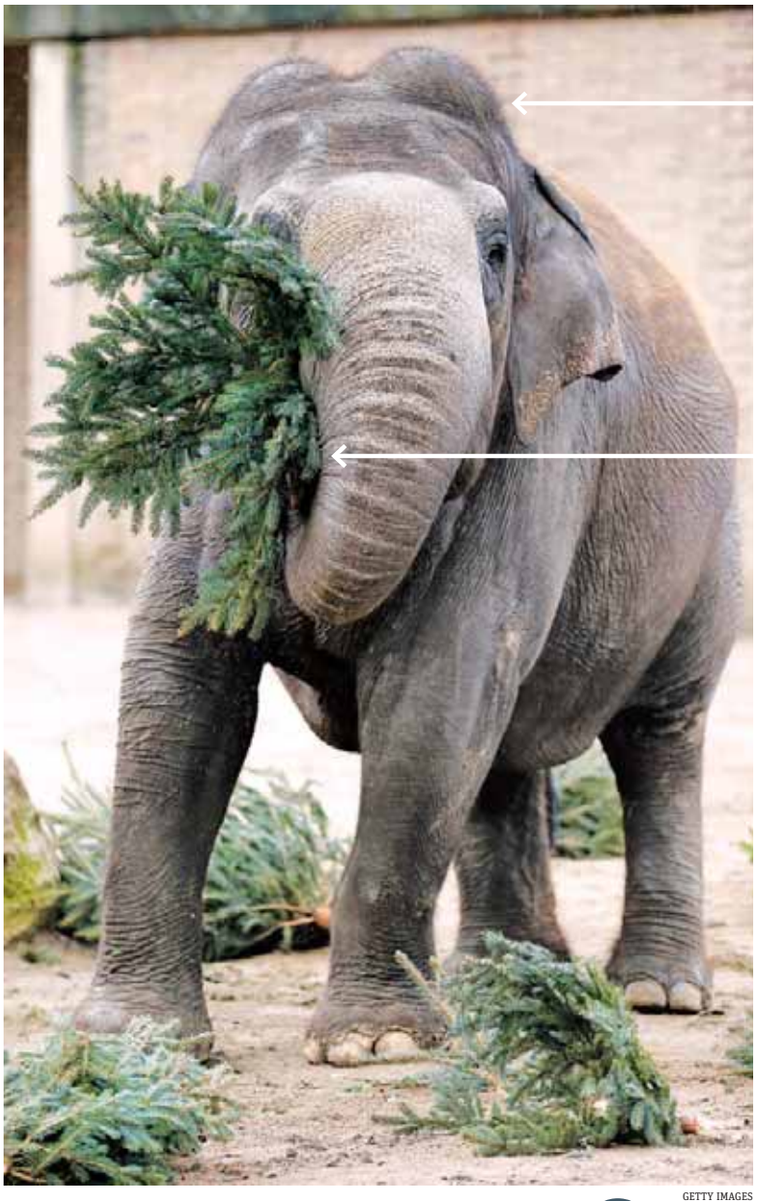
"No matter how you feel about wolves, when you see one it's amazing," he added.

California's wolf trotted 1,600 kilometres from northeast Oregon to California, then more than 3,200 kilometres since arriving.

Scientists speculate he's looking for a mate or a new pack, though they know both prospects are remote. He is believed to be the first wolf to roam within state boundaries since 1924.

THE ASSOCIATED PRESS

He's got room for leftovers!



GETTY IMAGES

Post-seasonal feast

Elephants eat up Christmas trees

Elephants at the Berlin Zoo finally got their trunks on Christmas dinner: A clump of unsold pine trees. Pachyderms young and old played with the plants Friday, before devouring them after catching the trees' strong smell. One elephant ate more than 150 kilograms of trees in one sitting. METRO WORLD NEWS

Gentle diners

"They don't just poke the tree into their mouths.... They gently pluck the branches."

Berlin Zoo elephant keeper Ragnar Kuehne

Pine-tuned recycling

MissileToe rocket is a real cracker

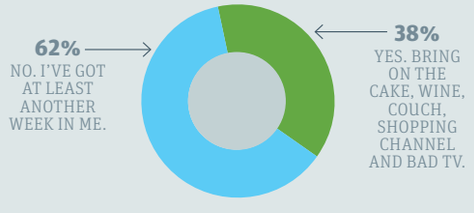
Feeding elephants is not the only way to get rid of unwanted festive trees. A team of U.S. inventors recycled a Christmas tree by turning it into a rocket. The XMS MissileToe comprises one tree, 32 rocket engines powered by a car battery, baubles and a star ornament. METRO WORLD NEWS

A screen grab of the Christmas tree rocket. YOUTUBE/ROCKETCHRISTMASTREE

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Have you already given up on your New Year's resolution?



Twitter

@SussexGeezer: #boycottnhl is trending — time for the 'fans' to show we won't be manipulated; don't watch or attend this farce of a season #yyc #yeg #nhl

@EmilyIris: Hellooooooooo #Chinook! How nice of you to grace #yyc!

@dhass4: Just bought a new TV at the Best Buy on 17th Ave in #yyc. What an amazing store!

@robinlear: Holy Wind Batman. Deceiving. #windy #YYC

@tklongmire: Totally watching a hipster in purple pants vomit into a garbage can outside the Roasterie #yyc

@MorganMelnyk: God I'm loving this sunny #yyc winter! It feels like spring!

metro

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Howes teams with Murdoch for a Churchill whodunit

Guest appearance.
Downton Abbey actor plays a pre-PM Winnie who finds himself in trouble in Toronto

ANNE BRODIE
scene@metronews.ca

Thomas Howes, left, guest stars on Murdoch Mysteries next Monday. SHANE MAHOOD

Watch

Murdoch Mysteries premieres on CBC Television tonight. The episode featuring Thomas Howes airs Monday, Jan. 14 at 9 p.m.

Downton Abbey's new season is now airing Sunday nights on PBS. Vision is currently airing Season 1 on Wednesdays. It will air Season 2 starting in February and Season 3 in April.

Winston Churchill in Toronto under arrest for murder following a blind, drunken night on the town? Could it be? He often visited the city, which pays tribute to him in school names, memorials, statues and academic societies.

Ryerson's Life Institute offers courses on his remarkable life. CBC's Murdoch Mysteries has him walking our streets once again, played by another familiar Englishman: Thomas Howes, Downton Abbey's ill-fated second footman William Mason. But murder? We visited Howes on the north Toronto set:

What kind of man is your Churchill?
Churchill is a young man, very active, tall and he's just had the Battle of Omdurman and the war of the Boers and it's been a very active time in his life.

We start in 1909 when he's doing these lecture tours in Britain and the States and Toronto.

And that's where we find him, with Murdoch. It's turning into the new century, 1900, described as The Hangover of the 1900s.

He has no memory of the night before. But we find him drugged in this hotel room with the dead body of his best friend and he goes around with Murdoch trying to recall the memories he's lost and recall whodunit because it looks like it could be him. So he's trying to piece together the answer to the mystery.

You are covered in (fake) blood as we speak. Doesn't look good for Churchill.
Well that you'll have to wait to find out why because it could be he killed this guy or it might be some other reason, but he's got the fellow's blood all over his hands.

I understand there was some drunken swordplay.
We had a great day yesterday (on Murdoch) because Emmanuel, who plays Al, and I wanted to do our sword fighting scene ourselves.

We didn't think we'd be allowed to but we were. They got shots with professionals doing some key bits of the sword fighting, but everything else they let us do ourselves! There is going to be a lot of us in the thick of it.

Ever since drama school, I've been falling down trap doors, hanging on ropes, football, which I'm no good at, running around the trenches with guns and now sword-fighting. But I love all that. I really do. I relish it. I always get the stunts. They always give me stuff that should be done by dashing young hero types, but they love to see me in those situations.

Downton Abbey's given you a big career boost. How has it changed things?
It has. I have credits before this, but they were all stage. I wasn't sure if I would ever do anything on telly, but Downton came along and recently it's all been screen work. I'm juggling both at the moment. It did me a huge favour. A lot of the offers I get now are just off the back of that and I probably only got Murdoch Mysteries because of Downton, because it's quite popular here too. It was big in Britain and huge in the U.S. and here.

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Jessica Chastain stars in Zero Dark Thirty.

Chastain in love with movies, not movie stars

As Zero Dark Thirty star Jessica Chastain's fame increases, don't expect her to become part of a Hollywood couple.

"I have dated an actor before, at Juilliard, but since then, I've only been on a couple of dates with one and I was so freaked out someone was going to take a picture of us, because they were famous," she tells InStyle.

Of course, it wasn't just the potential for paparazzi that got to her.

"I realized I wanted just to be able to hang out with someone, and I didn't want to talk about the business, first of all," she says.

"I love movies. But I love talking about them like when I was 15 years old. I'm a film fan, but I don't want to talk about auditions or what movie I'm gonna do. I find that so boring."

Russell Crowe unfazed by Lambert's criticism

Russell Crowe knows how to handle criticism, especially when it comes to his singing in Les Miserables.

Singer Adam Lambert took to Twitter to complain about the film, posting that it "suffered massively (because of) great actors pretending to be singers."

But apparently there are no hard feelings, as Crowe himself posted as much to Twitter.

"I don't disagree with Adam. Sure it could have been sweetened, (director Tom) Hooper wanted it raw and real, that's how it was."

Russell Crowe.

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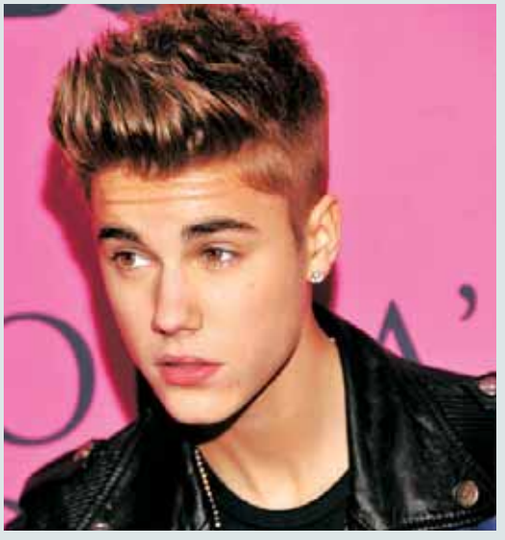
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Celebrities who have had a rough start to 2013

THE WORD
Dorothy Robinson
scene@metronews.ca



January is shaping up to be a bad month for these stars.

Is it the weather? The new year? Holiday hangovers? Seasonal effective disorder? Whatever it is, something is happening this month with celebrities and the law.

Over the weekend, TMZ.com posted photos of Justin Bieber smoking what appears to be marijuana. But the singer is trying to take the controversy in stride.

"Everyday growing and learning. Trying to be better. (You) get knocked down, (you) get up," Bieber posted to his fans on Twitter. "Back on tour tomorrow. Ready to see (you) all smile. Time to do what I'm supposed to be doing. Performing."

Josh Brolin, who is no stranger to getting into trouble in bars while drinking, was arrested at 11:30 p.m. on Jan. 1 for public intoxication outside a Santa Monica, Calif., bar, according to E! News.

"He was intoxicated and unable to care for himself," a police spokesman says. "He was booked and released with no further action pending." If his mugshot is any indication, Brolin wasn't too thrilled about the ordeal.

Bethenny Frankel filed for divorce from her husband, Jason Hoppy, in New York City last week. The former Housewife took to Twitter about the split.

"To those of you who are being supportive: thank you. To those of you who are judging: I totally get it."

Criminal Minds and Dharma & Greg star Thomas Gibson was arrested Sunday morning for suspicion of a DUI, TMZ reports.

Gibson attempted to drive through a part of downtown Los Angeles that had been sectioned off for a half marathon; he was told he couldn't drive through, but he did anyway.

None to happy about being ignored, the police caught up with him and smelled booze in the car. The actor refused to take a breathalyzer test, but was arrested on suspicion of DUI anyway and taken into custody.

Lance Armstrong lost his seven Tour de France titles. ALL PHOTOS GETTY IMAGES

Armstrong considering confessing to doping allegations?

Lance Armstrong is reportedly considering making a full confession about the performance-enhancing drug use allegations that resulted in him losing his seven Tour de France titles, according to the New York Times.

A confession could mean his lifetime ban from sports sanctioned by the World Anti-Doping Agency would be lifted.

And Armstrong is said to have been eager to return to cycling and compete in triathlons and other athletic events.

But reps for the athlete insist there's nothing to the reports.

"When, and if, Lance has something to say, there won't be any secret about it," his attorney tells The Associated Press.

Mommy trend

Ultrasound party

It seems we're always on the lookout for a novel way to celebrate the arrival of a baby — the latest of which is the ultrasound party. Your family and friends huddle around, drinks in hand, while the mom-to-be gets her belly squirted with jelly by the ultrasound tech.

But though the trend is gaining momentum, it's not for everyone. And, of course, there are unanticipated risks. Say the machine fails to detect a fetal heartbeat? After all, the whole purpose of ultrasounds is to detect abnormalities—they weren't created for the sake of entertainment.

JULIE M. GREEN OF YUMMYMUMMYCLUB.CA

Organize

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Our water bottles always get mixed up on family outings.

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EDITH HILLER OF YUMMYMUMMYCLUB.CA

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I am a beautiful princess...

Daddy-daughter time. One father explains why tiaras and fairy wings are teaching his daughter a very important life lesson

JOE BOUGHNER
Metro World News

One dad is using dress-up time with his daughter to teach her acceptance. ISTOCK

Joe Boughner, who plays dress-up with his daughter. SUBMITTED

Why, yes, I am a beautiful princess. Thank you for noticing.

The list of reasons to explain how I found myself dancing around the living room, sporting fairy wings, a tiara and a wand the other night is a long and varied one. My willingness to do almost anything to make my daughter laugh is, admittedly, chief among them. My desire to seize upon any opportunity to reinforce the importance of sharing is too (we've been struggling with sharing lately, so when she offered to share her tiara, who was I to say no?).

In fact, if I'm being honest, the chance to engage in a little gender-bending play, thus normalizing the sight of a man doing a typically girly thing, was nowhere near the top of my mind as we bounced and laughed and sang along to Toopy and Binoo Christmas carols. But the more I think about stuff like this, the more important it seems.

It seems — in a lot of ways — girls have it easier when it comes to going against gender norms. Girls doing "boy" things — playing in the dirt, enjoying science, etc. — are a common sight these days. Boys doing "girl" things, though? That's another story.

So, while we may have gotten off the hook with our daughter in this respect (don't worry, there are plenty of other reasons to be terrified of parenting a girl instead of a boy), I still feel something of an obligation to make sure that my daughter isn't part of the problem, should a boy in her class or peer group be inclined to wear nail polish or take ballet.

My kid is smart and sweet and sensitive, but, then again, so was I. And even if I didn't grow up picking on and teasing the boy who took dance or the other one who did gymnastics, I wasn't really rushing to their defence or even hanging out with them, either. Because, to me, it was just weird. Picking dance over hockey was weird. Picking gymnastics over basketball was weird.

I didn't accept it, I tolerated it. Frankly, that's not enough. Tolerance suggests there's something outside the norm that one has to tolerate. I don't want my daughter to tolerate this sort of thing, I want her to grow up oblivious as to why something as inconsequential as a boy wanting to wear a dress would ever even be an issue to anyone.

I'm not delusional here. I don't for a second believe that my willingness to wear fairy wings and a tiara will magically erase stupid biases and preconceived notions of appropriate play for boys and girls for an entire generation. Hell, I don't even believe it will have that effect on my daughter. There are still way too many people and products out there reinforcing gender expectations.

But I do believe that every little bit helps. So, if my kid asks me to wear a tiara, I'll wear the tiara.

And, frankly, I think I pull it off.

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Unique combo to start the day

Also called a "wife saver" (or a "husband saver" in some families), this make-ahead dish is a great way to start the morning. Old Canadian Cheddar, eggs and crusty sourdough are the perfect backdrop to mushrooms, spinach and crumbled sausage.

1. Butter a 13 x 9-inch (3 L) glass baking dish and set aside.

2. In skillet, melt butter over medium heat. Add sausage and fry, breaking up bits with a wooden spoon for about 5 minutes or until lightly browned and beginning to cook through. Spoon off any excess fat. Add mushrooms and cook, stirring occasionally, 10 minutes or until soft and beginning to brown and sausage is no longer pink. Add onions and spinach and stir until everything is mixed and glossy. Remove pan from heat and let cool slightly.

3. Layer bread slices over bottom of dish. Spoon sausage mixture over bread. In a blender, combine eggs, milk, salt, pepper, Worcestershire, and hot pepper sauce and blend until smooth. Pour mixture evenly over sausage mixture. Top with Canadian cheddar cheese. Cover dish with plastic wrap and refrigerate for 8 to 12 hours.

4. When ready to serve, preheat oven to 350 F (180 C). Uncover dish and bake strata for 50 to 60 minutes, or until puffed and top is crispy and golden. Let stand before serving. **DAIRYGOODNESS.CA**

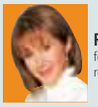
Ingredients

- 1 tsp (5 ml) butter
- 12 oz (400 g) Italian sausages, casing removed and chopped
- 1 lb (500 g) mixed wild mushrooms, stems removed and sliced
- 8 green onions, white part thinly sliced (1/4 cup/60 ml)
- 3 cups (750 ml) lightly packed fresh baby spinach
- 4 large slices (1/2-inch/1 cm thick) day-old sourdough bread
- 6 eggs
- 3 cups (750 ml) milk
- 1/2 tsp (2 ml) salt and pepper
- 1 tbsp (15 ml) Worcestershire sauce
- Dash hot pepper sauce
- 2 cups (500 ml) shredded old Canadian cheddar cheese

Serves six to eight. THE CANADIAN PRESS HANDOUT

Healthy eating

Choose it and lose it



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Soul-warming soup is just the thing for the winter blues. Tim Hortons has a delicious variety, but some of the options come packed with bad stuff

Tim Hortons Chili

290 calories/ 16 g fat/ 1,310 mg sodium
The fat comes from fattier beef and oil. The salt is close to your day's intake and comes from canned beans and tomatoes.

Equivalent

One Tim Hortons Chili is equal in sodium to almost 33 cups of Kernel's original Butter Salt Popcorn.

Tim Hortons Cream of Mushroom

150 calories/ 3 g fat/ 740 mg sodium
It's shocking that a creamy soup would have so little calories and fat. This tells you that fortunately more mushrooms are used.

Sink your teeth into mushrooms

Foccacia is an Italian flatbread-like pizza, but without the sauce and with thicker dough. It's ideal for snacks or you can serve it along with soups or salads.

For even more flavour, crumble goat cheese on top of the baked foccacia and return it to the warm oven just to melt. Use herb or spiced flavoured oil to drizzle on as desired.

1. Lightly grease a baking sheet and place dough on it; with floured hands press out dough to a 28-by-18-cm (11-by-7-inch) oval. Brush with 10 ml (2 tsp) of the oil and let rise in a warm place for 45 to 60 minutes. (To create a warm place for dough to rise, turn oven on to 100 C/200 F for 1 minute; then turn off and place dough in warm oven.)

2. Meanwhile, in a large skillet, heat remaining oil; sauté mushrooms and onion for 4 minutes or until moisture has evaporated. Add oregano and garlic and cook for 1 more minute; let cool slightly.

3. With thumb or end of wooden spoon, make dimpled surface on foccacia; top with mushroom mixture, pressing lightly into dough. Top with olives, if using, black pepper and Parmesan.

4. Bake in a 200 C (400 F) oven for 20 to 25 minutes or until bottom is lightly browned and crisp. Let cool slightly on wire rack. Cut in wedges or slices to serve.

THE CANADIAN PRESS/MUSHROOMS CANADA, MUSHROOMS.CA

Ingredients

- 500 g (1 lb) pizza dough or frozen bread dough, thawed
- 45 ml (3 tbsp) olive oil
- 375 ml (3/4 lb) fresh mushrooms, thinly sliced
- 250 ml (1 cup) thinly sliced red or sweet onion
- 7 ml (1 1/2 tsp) dried oregano
- 1 clove garlic, minced
- 8 black olives, pitted and sliced (optional)
- Black pepper, to taste
- 15 ml (1 tbsp) grated Parmesan

This recipes makes 12 pieces. THE CANADIAN PRESS

The In-Credibility Factor

Name: Sandra Milligan
City: Toronto
Age: 37
Occupation: Founder of Boxx Cosmetics

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

A car crash at the age of 19 ended Sandra Milligan's equestrian pursuits and her dream of becoming a veterinarian. Turning to a career in the beauty industry, Sandra opened up a successful salon and recently launched a new makeup line called Boxx Cosmetics. Noticing there was a gap in the marketplace, Sandra created a cosmetic line of multi-use products that are infused with skin care ingredients. After eight years of research and development, this beauty entrepreneur is watching her new company grow.

I knew I was on my way when ... I saw my products on the first shelves and in online retail stores. My vision was so clear and it translated how I always envisioned it would. I've learned beauty is a personal thing and everyone sees themselves differently. I like that I can help women see what they find beautiful about themselves and then enhance their ability to do it for themselves on a daily basis.

Action Plan

Believe in yourself and create a clear plan on how to execute your strategy

There will always be unexpected hurdles but that's exactly what they are. Go over one at a time and you will learn immensely from the right or wrong decisions.

Trust your gut reaction if you need to make a quick decision

People love to give opinions and speak about their own experiences. Only you will know what is right for you and your growing company. No one knows it like you do.

Never give up

The road gets far worse than you ever imagined before it gets better — but it will!

Sandra Milligan founded Boxx Cosmetics after a car crash ended her equestrian dreams. PROVIDED

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‘We will be ready’: Hartley’s wait to join Flames nearly over

NHL. GM Feaster eager to see what new coach will bring to Calgary

It might be coming later than he wanted, but Bob Hartley is a lot closer to finally getting behind the Calgary Flames bench.

Hartley was hired on May 31 but has yet to get the chance to work with his new team due to the lengthy labour strife between the NHL and its players. The two sides reached a tentative agreement on a new contract Sunday, and once the collective bargaining agreement is approved, it will be back to work.

“We’re just excited,” Hartley said. “This is a great day for us today.”

Whenever training camp starts, Hartley said that he and his coaching staff will be ready to run their players through the paces to get ready for their first game.

“We were not told when will be the first day on the ice or when camp will open or when will be our first game,” he said. “Obviously on our part there’s lots of excitement.”

Hartley will be joined by new assistant coaches Jacques Cloutier and Martin Gelinas, as well as returning goaltending coach Clint Malarchuk. The Flames will have their work cut out for them to improve on their ninth-place showing in the Western Conference last season.

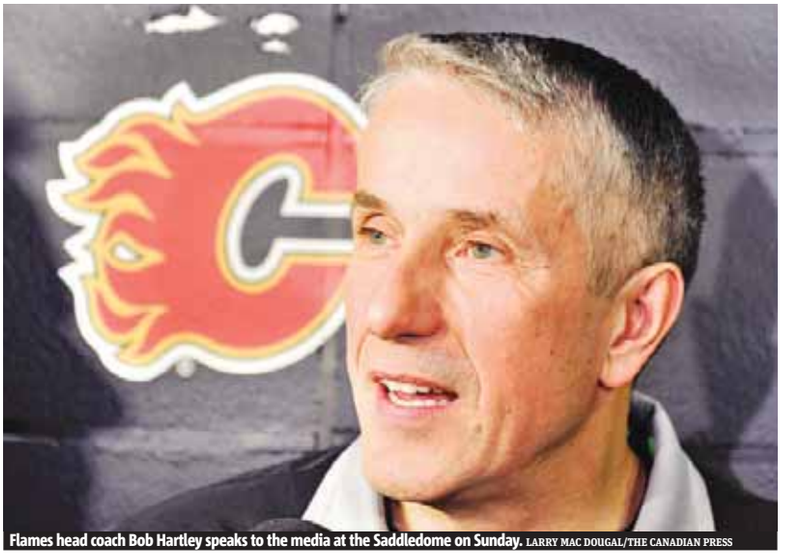
“We’re not going to look for negatives or excuses,” Hartley said. “It’s going to be a short camp for everyone. It’s up to us to have a plan and we have one. We will be ready.”

Flames general manager Jay Feaster has confidence that Hartley and his staff can lead the Flames in the right direction.

“They have gone through plans for any length of training camp, whatever number of days it is,” Feaster said. “They’ve studied film. They’re more than ready to go.”

Feaster is also eager to see how the players will adapt to Hartley’s coaching style.

“The guys have been skating and yet it doesn’t replicate the feel of game action and game pace,” Feaster said.



Flames head coach Bob Hartley speaks to the media at the Saddledome on Sunday. LARRY MAC DOUGAL/THE CANADIAN PRESS

“With a whole new coaching staff, that certainly is one of the challenges that we have. It’ll be a different system. It’ll be a different style of play.

“From our perspective, we want to get right at it and get on the ice and get the guys familiar with what it is that Bob wants them doing this year.”

Once again the Flames will have to rely on the play of captain Jarome Iginla and workhorse goaltender Miikka Kiprusoff if they hope to lock down a playoff berth during the shortened season.

“There’s one guy we’re never concerned about in terms of coming in in shape and that’s Jarome,” Feaster said. “He’s fanatical about it. He always has been. He’s a consummate pro. He takes that responsibility seriously, so we know he’s going to be ready.”

Feaster also has no doubt that Kiprusoff will be ready to go once the puck drops.

“Our No. 1 goaltender, we know who that is and where our bread and butter is and that’s Kipper,” said Feaster.

THE CANADIAN PRESS

By the numbers

14%

Injuries in the NBA reportedly rose more than 14 per cent from the previous season after its lockout ended in December 2011.

All-nighter saves NHL season from abyss

NHL commissioner Gary Bettman, left, and NHLPA executive director Donald Fehr worked through Saturday night with U.S. federal mediator Scot L. Beckenbaugh to reach a tentative agreement to end the lockout. THE ASSOCIATED PRESS FILE

An agonizingly long series of negotiations needed one final push. Spurred on by a tireless mediator, the NHL and the NHL Players’ Association worked through the night to finally set aside their differences and return hockey to the place it belongs.

On the ice.

It almost seemed too good to be true when word started to leak out early Sunday morning that a marathon 16-hour negotiating session had produced a tentative deal to end the 113-day lockout. But then Gary Bettman and Donald Fehr appeared together to share the news.

“Hopefully, within a very few days the fans can get back to watching people who are skating — not the two of us,” said Fehr, the NHLPA’s executive director, looking as exhausted as everyone else in the bargaining room.

There is still plenty to do in a short period of time. In fact, the sides continued hammering out the final details of the players’ new defined-benefit pension plan even after the tentative deal was reached in a second-floor conference room at a Manhattan hotel.

“We have reached an agreement on the framework of a new collective bargaining agreement, the details of which need to be put to paper,” said Bettman, the longtime NHL commissioner who presided over his third lockout. “We’ve got to dot a lot of i’s and cross a lot of t’s. There’s still a lot of work to be done but the basic framework of the deal has been agreed upon.”

At least some of the credit for that goes to Scot L. Beckenbaugh, a federal mediator who remained undeterred even though his previous experience with the two sides came during the previous lockout, just days before the 2004-05 season was cancelled.

THE CANADIAN PRESS

NFL playoffs

Wilson, Lewis survive wild-card weekend

Wild-card weekend is over, and Seattle’s Russell Wilson is the lone rookie quarterback remaining.

Wilson teamed with Marshawn Lynch to lead Seattle to a 24-14 comeback victory Sunday over the Washington Redskins, who finished the game without Robert Griffin III — their star rookie quarterback who appeared to reinjure his right knee.

In Baltimore, Ray Lewis and the Ravens eliminated Andrew Luck, the No. 1 overall pick, and the Indianapolis Colts with a 24-9 win. The victory delayed Lewis’s retirement for at least another week. THE ASSOCIATED PRESS

The Ravens’ Ray Lewis GETTY IMAGES

NBA

Randolph rallies Grizzlies past Suns

When Zach Randolph found his shooting stroke Sunday night, the Memphis Grizzlies took off.

Randolph scored 21 points and Rudy Gay added 20 to lead the Memphis Grizzlies to a 92-81 victory over the Phoenix Suns.

“Zach got going in the post and so we had a few options to run with,” said Grizzlies coach Lionel Hollins. “It was a solid win.”

Randolph was dominant in the team’s first two meetings, averaging 16 rebounds and 28 points. Though his numbers were slightly lower this time around — he had eight rebounds — they were more than enough.

THE ASSOCIATED PRESS

See today's answers at metronews.ca/answers.

Horoscopes

Aries
March 21 - April 20
Something will happen today that makes you very angry – and you have every right to be annoyed. It's good to let off steam once in a while, and the planets warn that this particular explosion is long overdue.

Taurus
April 21 - May 21
Success can be yours, but you must be positive. This is one of the best times of the year for getting yourself noticed, but it is more likely to happen if you put yourself in situations where you can be seen.

Gemini
May 22 - June 21
Your confidence is sky-high at the moment and long may it stay that way. However, today's Mars-Saturn link warns that excessive self-belief could have negative consequences. Try not to be too outrageous.

Cancer
June 22 - July 23
The current cosmic set-up makes it difficult to do anything out of the ordinary because you are afraid to draw attention to yourself. It is, however, a good time for planning. You've a whole year ahead of you.

Leo
July 24 - Aug. 23
The planets warn that a rival is looking for ways to bring you down and profit at your expense, so be careful. Just because you play by the rules does not mean you can take it for granted they do too.

Virgo
Aug. 24 - Sept. 23
You may have serious doubts about a project of some kind but you must not let them show because others are counting on you to lead the way. Is that a recipe for disaster? Maybe, but what choice do you have?

Libra
Sept. 24 - Oct. 23
Opportunity is knocking loud and clear and you must allow yourself to hear it. This is one of the best times of the year for furthering your ambitions, so get up, get out there and get great things done.

Scorpio
Oct. 24 - Nov. 22
Put your own needs first today and don't be afraid to do something that will give your rivals the ammunition they need to tell the world that you are selfish. Since when have you cared what other people think about you?

Sagittarius
Nov. 23 - Dec. 21
What you need to understand today is that, while words are important, it is how you deliver them that matters. Just because you have something nasty to say does not mean you have to say it in a nasty voice.

Capricorn
Dec. 22 - Jan. 20
Whatever your current worries may be they are of only minor importance. In fact, what happens over the next few days will make you realize that compared to most people you are actually very well off.

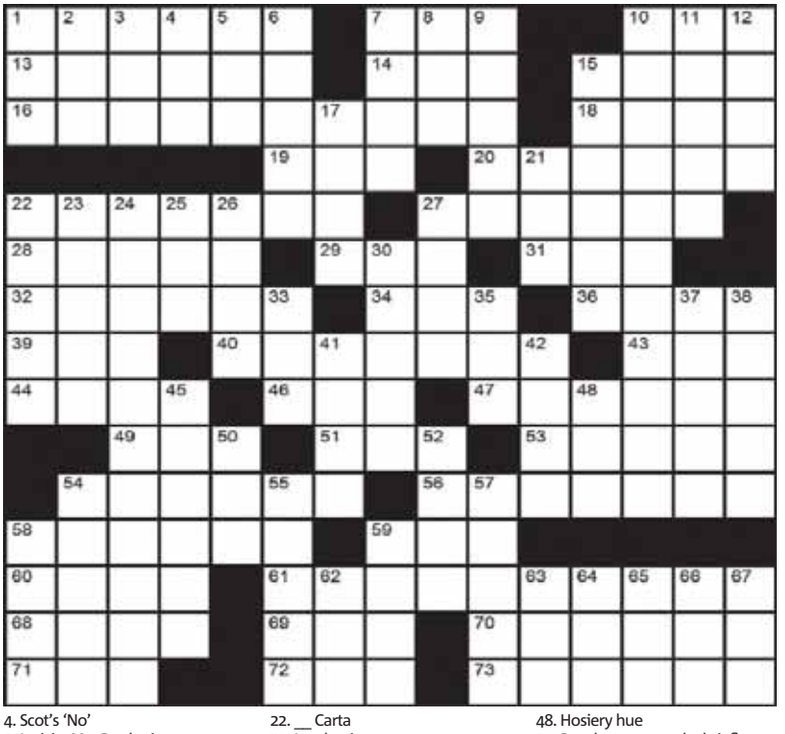
Aquarius
Jan. 21 - Feb. 19
If you think lucky and act lucky the chances are that you will be lucky in some way over the next 24 hours. It's not the world "out there" that matters but the world that exists inside your head.

Pisces
Feb. 20 - March 20
The planets urge you to put your ego to one side today and make your peace with a certain individual. The fact is you need them more than they need you, so it's good politics to kiss and make up.

SALLY BROMPTON

Crossword: Canada Across & Down

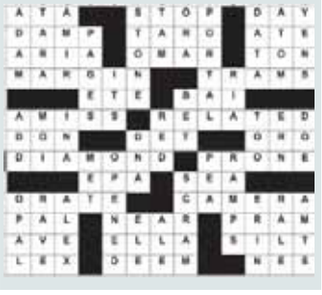
BY KELLY ANN BUCHANAN



Across
1. Vegas show, __: Still the One
7. Smartphone add-on
10. Ms. Messing, briefly
13. Duck: French
14. Kanga's sidekick
15. "__-__-voom!"
16. Governor General of Canada's official residence: 2 wds.
18. Facial scrub, St. __
19. Place
20. Brit singer Adele's surname
22. The Scottish Play
27. Stonehenge ritualists
28. Hurt
29. "__ you sure?"
31. Clip-__ (Earrings)
32. Potatoes au __
34. Simon & Garfunkel's "I __ _ Rock"
36. Dentyne, and others
39. Mr. Beatty
40. Northern Ontario hometown of the country star at #1-Across
43. Ms. Saldana of "Avatar" (2009)
44. Inquires
46. "Sk8er __" by Avril Lavigne
47. "The __ of Things"
49. Drake's music
51. Botanist Mr. Gray
53. Leslie Nielsen's '__ Gun' comedies
54. Mr. Pattinson
56. The Hunger Games heroine
58. Mr. Brosnan
59. Ashlee to Jessica, for short
60. The __ (U2 guitarist)
61. Calgary-born actor Cory Monteith's role on "Glee": 2 wds.
68. Casual tops
69. Tokyo, once
70. Charlie Sheen's brother
71. Flub up
72. Uncooked
73. Accept the ring: 2 wds.

Down
1. Comp. part
2. Song from the musical South Pacific: "Bali __"
3. Furthermore
4. Scot's 'No'
5. Lyricist Mr. Gershwin
6. Pursuit of Happiness hit: "I'm an __ Now"
7. "Quicker than _ __ of light..." - Madonna
8. Parliament Hill fig.
9. __ bear
10. Host of #47-Across: 2 wds.
11. Levels
12. Paul McCartney's instrument
15. L'Anse aux Meadows inhabitant
17. "That's funny.": 2 wds.
21. Couplet
22. __ Carta
23. Land units
24. Nickelback frontman: 2 wds.
25. Casino wager
26. Modify
27. Ms. Lovato
30. Harold of "Ghostbusters" (1984)
33. Calligrapher's prop
35. Actress, __-Margret
37. Social customs
38. "Sowing the __ of Love" by Tears For Fears
41. Castle defense
42. Filmmaker, Gus Van __
45. Buffalo players
48. Hosiery hue
50. Bench press muscle, briefly
52. Similar
54. "Easy __" (1969)
55. Send to a specialist
57. Fireplace leftovers
58. Original Beatles drummer Mr. Best
59. Winter fluff
62. __ Red apple
63. Ms. Thurman
64. Don't hire a pro, e.g.
65. Guileful
66. Goose: French
67. 7, 16 and 38, e.g.

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

	4		5		1	6	8	
					3			4
3						1		2
	9		4			7	3	
				5				
	6	7			8		1	
8		3						9
2			9					
	5	6	8		2		4	

Weather

TODAY	TUESDAY	WEDNESDAY
MAX: -4° MIN: -9°	MAX: -3° MIN: -10°	MAX: -2° MIN: -9°

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